



2010 MUNICIPAL ATHLETICS GIRL'S FAST PITCH LEAGUE RULES

Equipment Requirements:

- < NO METAL SPIKES for 12U & 14U. New – 18U is allowed to wear metal spikes.
- < All batters, on deck batters and non-adults in the coach's box must wear a double ear flapped helmet with face guard and chin straps.
- < Catcher's Equipment: NOCSAE approved mask with throat protector & helmet, chest protector, and shin guards.
- NOTE! Any player warming up a pitcher (any where) must wear the official catcher's headgear.
- < Each team must supply a new ball for each game.
- < Double first base is not required, but is recommended.
- < Ball: 12" - yellow optic fastpitch with red stitch COR of .47
- < NAFA uses a bat standard, as defined by the NCAA. Shall not be more than 2 ½ inches (6.0 cm) in diameter at the largest part.

NAFA RULES APPLY. THE FOLLOWING ARE COMMON RULE QUESTIONS AND SOME ST. PAUL EXCEPTIONS:

1. A player's age on January 1, 2010 determines the age division in which they are eligible to participate during the 2010 season.
2. Players may play on more than one team if they are in different age groups and the person is eligible by age in both. That player can only play in one age group during the playoffs. The player must make the decision before the playoffs begin and the rec. center /organization staff must contact Municipal Athletics with their decision. Players participating on teams in both the St. Paul Parks and Recreation league and a non-city league ie Tri-county **must play in at least 75%** of SPPR's administered league games to be eligible for playoffs.
3. Teams will play two 5 inning games each week. Legal game is 3 innings.
4. 10 run rule after 3 complete innings (2 ½ if home team is ahead).
5. Pitching distance - 40 ft. Base distance - 60 ft.
6. Home team is listed second on schedule for the first game only. Second game – switch home team.
7. Time limit: 1 hour, 5 minutes for each game of the doubleheader. No new inning may start after.
8. Games tied after 5 innings shall be played with the "international tie-breaker Last Batter on second" rule. When the time limit is applied to the game, the inning shall be completed. If the game is tied at the completion of the inning, the game shall end in a tie. No new inning shall be begin after the time limit has been reached.
9. Team roster limit: 15 Rosters are to be turned into the Municipal Athletics Office by June 1, 2010. You have until the half way point of the season to contact the Municipal Athletics office and submit, in writing, changes to the roster.
10. Teams must be at game site, with a minimum of 8 rostered players that are ready to play, no later than 10 minutes after the scheduled game time before a game is declared a forfeit. Teams not in attendance within an additional 10 minutes will forfeit the second game.
11. Teams may start and finish with 8 players (ninth spot is an out). If you drop to less than 8, the game is a forfeit. If the opposing team gives the shorthanded team the number of players needed to play, the game will be considered a legal game.
12. No pitcher can pitch more than 7 innings in one day.
13. Only certified coaches & players may be on the bench or coaching the bases. Coaches must have a badge during all practices and games.
14. Sliding – girls do not have to slide, however they must avoid any collisions if they go in standing up.
15. Pitching Rubber – pitchers must have one foot on the rubber when releasing the ball.
16. Throwing the Bat – hitters that throw their bat while batting will be given one warning, after that the batter will be called out.

12 & UNDER EXCEPTIONS:

1. Stealing is allowed in player pitch games only. If your team is ahead by more than 10 runs you may not steal.
2. By agreement of both coaches during ground rules, open ended batting may be used (all players may bat, but must remain in the same spot in the batting order throughout the game). Players may rotate on defense at any time.
3. If both coaches mutually agree, the pitching distance can be 35 ft. for struggling pitchers at the 12U level.
4. When your team is ahead by 10 runs, your turn at bat will consist of 3 outs or once through the batting order, whichever comes first.
5. An inning will consist of 3 outs or 7 runs, which ever comes first.

**** If an umpire does not show...**coaches should pick a person mutually agreed upon to umpire. Ask your center director to call in the persons name, address, and social security number to the Municipal Athletics office for payment.